



Agedashi Tofu

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



1

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons cornstarch
- 2 spring onion chopped
- 2 tablespoons hoisin sauce
- 1 serving cooking oil for frying
- 12 ounce silken tofu

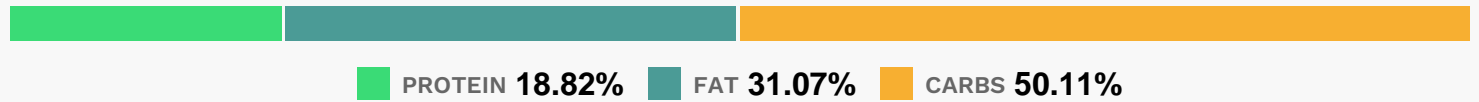
Equipment

- bowl
- paper towels

Directions

- Cut tofu into 12 cubes.
- Place cornstarch on a plate or in a shallow bowl and dredge tofu in it, coating thoroughly.
- Heat enough oil so that tofu will be half-way submerged. Fry tofu in hot oil for 3 to 5 minutes on each side, or until crispy.
- Drain on paper towels.
- Sprinkle green onions over tofu and drizzle with hoisin sauce.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:12.733043478261%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Taste

Sweetness: 56.53%, Saltiness: 2.23%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 381.38kcal (19.07%), Fat: 13.13g (20.2%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 47.64g (15.88%), Net Carbohydrates: 45.57g (16.57%), Sugar: 13.75g (15.28%), Cholesterol: 0.96mg (0.32%), Sodium: 541.41mg (23.54%), Protein: 17.89g (35.78%), Vitamin K: 51.84µg (49.37%), Copper: 0.78mg (38.85%), Magnesium: 111.86mg (27.96%), Vitamin B1: 0.35mg (23.64%), Phosphorus: 235.08mg (23.51%), Potassium: 717.39mg (20.5%), Iron: 3.58mg (19.89%), Calcium: 133.46mg (13.35%), Vitamin B2: 0.22mg (13.22%), Zinc: 1.98mg (13.2%), Fiber: 2.08g (8.3%), Vitamin B3: 1.52mg (7.6%), Manganese: 0.13mg (6.62%), Folate: 22.72µg (5.68%), Vitamin C: 4.64mg (5.62%), Vitamin A: 241.2IU (4.82%), Vitamin E: 0.71mg (4.74%), Vitamin B6: 0.07mg (3.6%), Selenium: 1.39µg (1.99%)